

City Council
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City of Long Beach



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 Jack Schnirman

Assistant Superintendent
 of Parks and Recreation
 Paul Ferrante

Parks & Recreation Department



LITTLE YOGIS

PRE – K, KINDERGARTEN, 1ST & 2ND GRADE



Class description: A beginner yoga class aimed at introducing yoga to young ones. We unite mind + body by using our imaginations to go on adventures to various places and acting out the poses for the animals and things we encounter. Songs, stories, games, and breathing activities are included. Please bring a mat or towel for your child and dress them in clothes good for bending and stretching.

Wednesdays 5:00 p.m. – 6:00 p.m.

Class is limited to the first 15 participants

Schedule of Classes:

This class will be held at the Long Beach Senior Center – 2nd Floor

	April	May	June
Wednesday	26	3 – 10 – 17 – 24 – 31	7 – 14

Registration: Long Beach Recreation Center
 700 Magnolia Blvd.
 (516) 431-3890

Fee: \$65 fee for the eight (8) sessions of yoga
 Make checks payable to City of Long Beach.
 Cash, Visa or MasterCard also accepted.

2017 Spring Little Yogis

****Put Telephone # on check**

NAME _____ AGE _____ DOB _____ SEX _____

STREET _____ CITY _____

PHONE _____ E-MAIL _____

PARENT NAME _____

I understand that payment is non-transferable and non-refundable. Parent Signature _____

For Rec Use Only:

Receipt # _____ Amt Pd. _____ Date _____ Staff _____